



Spiced Chickpeas and Spinach

with Fluffy Cilantro Rice and Cucumber Raita

Veggie

Spicy

30 Minutes



Chickpeas



Basmati Rice



Indian Spice Mix



Garlic, cloves



Shallot



Mini Cucumber



Red Chili Pepper



Cilantro



Vegetable Broth Concentrate



Baby Spinach



Greek Yogurt

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Medium bowl, measuring spoons, potato masher, box grater, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Basmati Rice	¾ cup	1 ½ cups
Indian Spice Mix	1 tbsp	2 tbsp
Garlic, cloves	3	6
Shallot	50 g	100 g
Mini Cucumber	66 g	132 g
Red Chili Pepper 🌶️	1	2
Cilantro	7 g	14 g
Vegetable Broth Concentrate	1	2
Baby Spinach	56 g	113 g
Greek Yogurt	100 ml	200 ml
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook chickpeas

- Add **chickpeas**, including their **liquid, broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan with **shallots**.
- Using a potato masher, roughly mash **chickpeas**. Cook, stirring occasionally, until **curry** thickens slightly, 7-8 min. (**TIP:** If needed, reduce heat to medium to maintain a gentle simmer!) Season with **salt** and **pepper**.
- Add **spinach**, then stir until wilted, 1-2 min.



Prep

- Meanwhile, peel, then finely chop **shallot**.
- Roughly chop **cilantro**.
- Peel, then mince or grate the **garlic**.
- Roughly chop **spinach**.
- Grate **cucumber** directly into a medium bowl. Season with **salt**.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chili!)



Make cucumber raita

- Drain **any liquid** from **grated cucumber**.
- Add **yogurt, half the cilantro** and **¼ tsp sugar** (dbl for 4 ppl) to the bowl. Season with **pepper**, then stir to combine.



Start curry

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until almost tender, 2-3 min.
- Add **Indian Spice Mix, garlic** and **¼ tsp chili**. (**NOTE:** Reference heat guide.) Cook, stirring often, until **shallots** are tender and **spices** are fragrant, 1-2 min.



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining cilantro**.
- Divide **rice** and **chickpeas** between bowls.
- Dollop **cucumber raita** over top.

Dinner Solved!